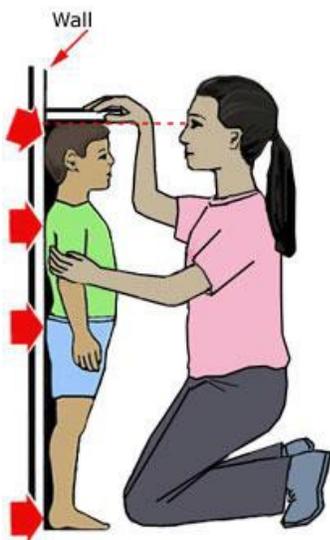


## How to Measure Height and Weight at Home

Please measure and weigh your child the day before your scheduled video visit and have the information available to share with the provider during the visit.

### Measure height at home:



- 1) Remove shoes, bulky clothing, and hair ornaments. Unbraid hair if needed.
- 2) Stand child against a wall. Measure on tile or wood floor- not on carpet or rugs.
- 3) Stand child with feet flat close to or against the wall. Make sure legs are straight, arms are at sides, and shoulders are level.
- 4) Child looks straight ahead.
- 5) Measure with head, shoulders, buttocks, and heels in a vertical line, with the child standing as close to the wall as possible.
- 6) Use a flat headpiece (ruler, book, stiff cardboard) to form a right angle with the wall. Lower the headpiece until it firmly touches the crown of the head.
- 7) Make sure your eyes are at the same level as the headpiece.
- 8) Lightly mark where the bottom of the headpiece meets the wall.
- 9) Use a tape measure (paper, cloth, or metal) from the base on the floor to the mark on the wall.

### Measure weight at home:



- 1) Use a digital scale, if possible. Place the scale on firm flooring (such as tile or wood) rather than carpet.
- 2) Remove shoes and heavy clothing, such as sweaters, jeans, or sweatpants.
- 3) Stand with both feet in the center of the scale.
- 4) Record the weight (for example, 55.5 pounds)